

Jo Ann Gellman & Susan L. Johnson – Co-Leaders

**The Compassionate Friends Newsletter
Potomac, Maryland Chapter**

Founded in 1999 by Sandra & Lionel Chaiken



The Potomac Chapter meets the first Tuesday of each month, 7:00 p.m., at the Potomac Presbyterian Church, 10301 River Road, Potomac, Maryland, 20854, two blocks north of the intersection of River Road and Falls Road in Potomac. The chapter serves Montgomery County and beyond.

Our Chapter Steering Committee

Jo Ann Gellman, Co-Leader	(301) 774-9426
Susan L. Johnson, Co-Leader and Newsletter	(301) 949-2158
Barbara & George Beall, Librarians and Care Outreach	(301) 253-8740
Jo Ann Goldberg, Secretary and Newsletter	(301) 807-5423
Lilyan Heupel, Hospitality and Publicity	(301) 384-3438
Linda Lubin, Event Planning	(301) 774-3397
Melody Manning, Treasurer	(301) 251-0419
Mary Nader, Remembrances and Hospitality	(301) 924-3618

National Organization

The Compassionate Friends
P.O. Box 3696
Oak Brook, IL 60522-3696
Toll Free: 1-877-969-0010
www.compassionatefriends.org

Local Assistance

Website: TCFDCMETRO.COM → TCF Potomac, MD
Metro Inquiry Line for Newly Bereaved (301) 776-8500

Regional Coordinator MD & DE
Barbara Allen
410-480-2334
Email: TCF-Barbara@comcast.net

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THE ART OF GIVING

We give of ourselves when we give gifts of the heart:
Love, kindness, joy, understanding, sympathy, tolerance, forgiveness.

We give of ourselves when we give gifts of the mind:
Ideas, dreams, purposes, ideals, principles, plans, projects, poetry.

We give of ourselves when we give gifts of the spirit:
Prayer, vision, beauty, aspiration, peace, faith.

We give of ourselves when we give the gift of words:
Encouragement, inspiration, guidance.

Emerson said it well:
"Rings and jewels are not gifts, but apologies for gifts.
The only true gift is a portion of thyself."

*~From The Art of Living
by Wilfred A. Peterson*



Chapter News

The Steering Committee met on August 21st in Rockville. Topics of discussion included creating a picture book, with those who wish to participate, providing a photo of their child and writing a brief paragraph about their child or children. Additional discussion was tabled until our next meeting in October.

Website issues continue with Yahoo and it has been decided to go with a local individual who will take over getting the site up and running. It is our anticipation that the website for the Potomac chapter will be available in the near future.

Our heartfelt thanks to Ingrid Tomassoni, who has worked diligently, to create our site. Her efforts are gratefully appreciated.

Candle Lighting

The Annual Candle Lighting will take place on Tuesday, December 2, 2008, at the church where our regular meetings are held, Potomac Presbyterian Church, on River Road. The committee, Linda Lubin, Melody Manning and Jo Ann Goldberg, will meet to decide the program and events of the evening and will report back to the Steering Committee in October. This year, it was decided that the charge for the event will be \$5.00 per person. Family members are welcome to participate. The will begin at 7:00 p.m.

This is a peaceful evening dedicated to our children who have journeyed to the next realm of life. We hope you will join us in the celebration of our children's lives.

Sibling Group

Our sibling group is growing and we were so fortunate to have Leslie Thomas with us at our September 2nd meeting to work

with our young adults. This group is for those 18 and over who have lost a brother or sister. It is our goal to provide the same care and support to our young adults that we, as parents, receive from Compassionate Friends. Many thanks to Linda Lubin for her efforts in contacting Leslie and arranging for her to join our group.

Call to Duty

If you are interested in assuming one of the following duties for our meetings, please contact either Susan Johnson or JoAnn Gellman.

Maintaining the Library
Greeting attendees at meetings
Providing beverages for meetings



TCF Potomac Shirts

Many of you have already purchased your TCF Potomac Shirts. If someone you know has made a contribution to Compassionate Friends, or you would just like to remember a kindness, a gift of one of our shirts is a nice way to say "Thank You". Please see Melody Manning to place your order. This is a fund raiser for our chapter and to help us get the word out about The Compassionate Friends, who we are, and how we help bereaved parents. The shirts are royal blue with our logo embroidered in white. Please see Melody Manning, melom42@comcast.net for information and to place your order.



National Conference

The Compassionate Friends 31st National Conference was held this year in Nashville Tennessee on July 18 – 20th. Nancy Frank attended the conference; here's Nancy's report:

ABSOLUTELY SPECTACULAR!! The theme for the conference was "Volunteers for Healing – Friends for the Future" which I initially thought was a clever title incorporating their famous Tennessee Volunteers into the theme. Little did I know that I would find each day full of volunteers whether speakers, session leaders, organizers, button makers, helpers, etc., so full of help for healing and more – so full of lifetime friendships. I felt rejuvenated where I could actually be myself again and laugh and cry when and where I wanted without having to worry about those around me not understanding. I was in the world with 1,400 parents who felt the same exact way.

The conference is an action packed 3 days with something for everyone, including notable guest speakers, breakout sessions covering every subject imaginable, luncheon, banquet dinner, candle lighting ceremony, sibling sessions, sharing sessions, and the 3 Mile Walk to Remember. I found each event to be full of positive electricity for me, giving me hope to survive. Each one gave me hope to somehow find a positive way to survive in what I call this "lesser world".

I learned so much from Dr. Frank R. Lewis, a surviving sibling who lost his younger brother in a freak car accident, about the kind of extra pain our surviving children go through watching their parents suffer and feeling so helpless.

Bruce Marakami lost both his wife Cindy and daughter, Chelsea in a drag racing

accident when a teenage driver slammed into their van. Bruce defines love and forgiveness. He taught us how to turn true ANGER into love and forgiveness. He told us of how he not only forgave the teenager who caused the death of his wife and daughter but has formed a friendship and partnership with him. He and the teenager founded the not-for-profit Safe Teen Drive program and travel together all over the country speaking to young drivers about their responsibility on the road and in life. His story of forgiveness is by far the most positive display of love for his wife and daughter that I have ever experienced.

At the Walk to Remember, I was overcome with emotion as I walked through the lobby and outside to the walk where every one of us looked alike, we were all wearing the same shirt with the broken heart and the name and picture of our child. It all came together as I joined the walkers; we are all one and united by our never ending love for our children and for each other.

If you have never attended a conference, I highly recommend it as a chance to make your child come alive for three days. I felt my son Danny and all others come alive through our love, sharing, and time together as one truly compassionate family. If you like to travel, next year the conference is in Portland, Oregon on August 7-9, 2009 and if you like to stay close to home, the 2010 conference will be right here in Crystal City, VA during the July 4th weekend.

---Danny's Loving Mom,
Nancy Frank



Memorial Concert

An evening of beautiful music dedicated to the Memory of a brave, beautiful Daughter, Susie Kim.

The 7th annual Memorial Concert in Honor of Susanna "Susie" Kim at the Terrace Theater of the Kennedy Center in Washington on August 23, 2008 was attended by Susan and Carl Johnson and JoAnn Gellman. Vivian Kim, Susie's mother, a member of our TCF Chapter, and the National Association of Asian Pacific Women (NAPAW), organized the concert to benefit the Oncology Unit at Johns Hopkins Hospital and other cancer research.

The evening began with some original arrangements of two hymns by Estella Kyungmi Lee and sung by Amy K. Kwon, soprano, - "Amazing Grace", and "It is Well With My Soul", and moved into tenor and soprano solos. The second half of the concert was a performance by the renowned pianist, Ms. Yong Mi Moon, from the Peabody Conservatory, and conductor and pianist, Mr. Dai Uk Lee, a married couple, who performed on twin pianos. They both made their debut at age 10 with the Seoul Philharmonic Orchestra. Among their pieces, they played a Rachmaninoff from Suite No. 1 Op 5, Sections: Barcarolle, Night for Love, and the Russian Easter, which resounded with the glorious ringing of bells.

Susie was remembered with such warmth as a person who reached out to others even when she was so seriously ill with cancer, and helped so many other people.

It is our hope that these concerts will continue so that many more will have the privilege of enjoying them and honoring the life of Susie Kim.

Thank you, Vivian Kim, for this great evening. ---Susan Johnson

When I Was Happy

By
Todd Daniel Lubin

Please let me lie here on the ground,
watching the butterflies spread its wings
across the sky without a sound;
watching flowers blooming around me
as I lie here on the ground.

--submitted by Todd's family
Linda & Charlie Lubin
Sister, Jennifer Lubin

Thank You

I wish to take just a moment to extend my heartfelt thanks for all the care and concern from everyone during my Mother's recent illness. My beloved Mother passed away peacefully on July 6th, and was laid to rest on July 11th in the family cemetery in Camden, Tennessee. The exquisite flowers, numerous cards of condolence and thoughtful messages bring comfort and solace to me and my family and I will always remember each and every kindness. Thank you all very much.

--Jo Ann Goldberg

Remembering

On September 11th, each of us will take a moment to remember that tragic day in 2001. For all who put themselves in harms way for our freedom, we remember and say "Thank You".



Our Beloved Children Remembered



*Radman Bahraini
Barbara Lynn Beall
Lisa Marie Champlin
William W. Donaldson
Steven Wayne Flannery
Paul Winnick Goldstein
Tyler Houde
Michael David Johnson
Bruce Jay Liebowitz
Vernon Lee Lyght, Jr.
Bryce Keaton Manning
Tyge Justice Miller
Tammy Millicent
Alexis Layton McFarland
Brittany Nolan
Kevin Michael Shea
Rachel Samantha Smith
Shane Van Saanen
Sara Pannler Stratton*

*Jenna Frank Bartell
Pamela Sue Chaiken
Kara Decario
John G. Farrell
Leslie Koniak Garelich
Andrew Benjamin Geor
Alex Robert Hyman
Ryan Anthony Jones
Todd Daniel Lubin
Kenneth Lee Mandeville
Gabriel Miller
Adam Isaac Minsky
Breanne "Nicki" Mitchell
Jonathan Patrick McGinley
Sandra Lynn Rishell
Christian Smith
Scott David Thomas
Sonya Eileen Vasquez*



Love Gifts



Evelyn and Michael Byrne in memory of ♥ ♥ ♥ ♥ ♥ ♥ ♥Madalyn Byrne
Penny & Emanuel Flecker in memory of ♥ ♥ ♥ ♥ ♥ ♥♥1st LT Norman Flecker
Stanley & Joan Weiss in memory of ♥ ♥ ♥ ♥ ♥ ♥ ♥♥Jonathan Weiss
Ellen Lee in memory of ♥ ♥ ♥ ♥ ♥ ♥ ♥♥Stephan F. Lee
Alex & Marlem Stein in memory of ♥ ♥ ♥ ♥ ♥ ♥ ♥♥Claudia Rebecca Stein
Micki & Irvin Koniak in memory of ♥ ♥ ♥ ♥ ♥ ♥ ♥♥Leslie Garelick



Chapter Donations

The Compassionate Friends is a non-profit organization and relies solely on donated funds. If you would care to make a “love gift” in memory of your child, please complete the form included in this newsletter and mail it to the address shown on the form or bring it with you to our chapter meeting.



The Compassionate Friends, Potomac Chapter “Love Gift” Donation Slip

I understand that The Compassionate Friends is a non-profit organization, and as such relies solely on donated funds. I would like to make a contribution to help Compassionate Friends continue to reach out to families who have experienced the death of a child.

This contribution is made:

In memory of _____ (Name)

In honor of _____ (Name)

On the occasion of: _____ (memorial, birthday, death date, other)

This contribution is made by:

Name _____

Address _____

City, State, Zip _____

Please make your check payable to: The Compassionate Friends / Potomac Chapter
14151 Saddle River Drive
N. Potomac, MD 20878



"Remember, grief is not something that you get over, it is something that you walk through.
My shoes are worn and my feet hurt from this walk"

– *Anonymous*

“YOU NEED NOT WALK ALONE”